



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Nam Sod (Thai Pork Salad)*

Recipe Summary:

Preparation/Cook Time: 60 minutes

Number of Servings: not given

Cups of Fruits and Vegetables Per Person: not given

Ingredients:

- Juice from 5-6 limes
- 6 Tbsp fish sauce
- 1 Tbsp dried chili flakes
- 6 fresh red or green Thai peppers, finely chopped
- 4-6 garlic cloves, thinly sliced or minced
- 1 medium onion, halved or sliced thin
- 1 medium red onion, halved or sliced thin
- 3-4 shallots, halved or sliced thin
- 1 (each) medium red, yellow and orange bell pepper, julienned
- 1 cup unsalted roasted peanuts, roughly chopped (optional)
- 1 cup fresh ginger, finely chopped or julienned
- 2-3 bunches fresh mint leaves, chopped
- 2-3 lbs fresh ground turkey
- 1 head of romaine or butter lettuce, washed and dried

Directions:

This dish is traditionally prepared with ground pork. To make it healthier, use ground turkey instead. This dish is typically hot and spicy. If you would like a milder dish, use half the amount of chili flakes and peppers.

Dressing: Combine lime juice, fish sauce, dried and fresh chilies. Add onion, red onion, peanuts, ginger, garlic, bell peppers, mint and cilantro. Mix well and set aside while you prepare the meat.

Turkey: Heat a nonstick skillet and cook the ground turkey with a few tablespoons of the liquid from your dressing mixture until all juices are evaporated. Let cool. Combine the turkey with the dressing mixture, mix well. You may garnish with any chilies, peanuts, mint leaves or cilantro leaves held back or left over from making the dressing.

To serve: spoon mixture into lettuce leaves and eat.

* Family recipe

Nutritionist Notes:

- High in manganese
- High in selenium
- High in Vitamin A
- High in Vitamin B6
- High in Vitamin C

To decrease calories from fat in recipe (currently at about 40%):

- May want to use skinless ground turkey
- May want to reduce peanuts to ½ cup

To decrease sodium:

- May want to reduce fish sauce to 1Tbsp